

Nutrition News: Picture the Portion

So you know how many serving from the Food Guide Pyramid your family should eat, but what counts as a serving? Use the pictures below to help you picture the correct portion size.

Baseball

- = 1 cup raw leafy vegetables
- = 1 medium piece of fruit
- = 1 cup dry cereal
- = 1 cup yogurt
- = 1 cup cooked dried beans



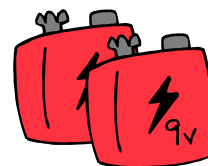
Roll of Film

- = 2 Tbs. peanut butter



2 9-volt Batteries

- = 1 $\frac{1}{2}$ oz. natural cheese



Computer Disk

- = a piece of bread



Deck of Cards

- = 2 to 3 oz. meat, poultry, or fish
- = 10 french fries



Small Computer Mouse

- = $\frac{1}{2}$ cup cooked vegetables
- = $\frac{1}{2}$ cup chopped or canned fruit
- = $\frac{1}{2}$ cup cooked cereal, rice, or pasta

